

Your 12-Week Plan for Decreasing Nicotine

The Patch

Begin with a 21-mg patch if you smoked 10 or more cigarettes a day:

- 21-mg patch for six weeks
- 14-mg patch for two weeks
- 7-mg patch for two weeks

Begin with a 14-mg patch if you smoked 9 or fewer cigarettes a day or weigh less than 100 pounds:

- 14-mg patch for six weeks
- 7-mg patch for two weeks

Tips for using the patch

- Wear each patch 16 to 24 hours a day. If you crave cigarettes when you wake up, wear the patch 24 hours.
- Each day at about the same time, place a patch on your upper body (between your neck and waist) in a spot that is relatively hairless. Make sure your skin is dry, clean, and free of lotion or soap.
- Put a patch on different places on your body; don't use the same spot more than once a week.
- Press the patch firmly on your skin with the heel of your hand for at least 10 seconds.
- Wash your hands after handling the patch.
- Dispose of the patch by folding the sticky sides together and placing it in the disposal tray.
- You may swim or shower while wearing patch.
- When you first wear the patch, it is normal to feel mild itching, burning or tingling. This should go away within an hour.
- Your skin may be a little red when you remove the patch, but the redness should not stay for more than a day. If a rash, swelling or severe redness occurs, call your doctor and do not put on a new patch.

Gum or Lozenge

Use the dosing schedule on pages 34-41 of the Cooper/Clayton book.

- Rinse your mouth with water before inserting the gum or lozenge.
- Do not eat or drink anything while the gum or a lozenge is in your mouth.
- Keep this medicine away from children and animals.

Tips for using the gum

- Chew the gum a few times until you notice a peppery taste or tingle, then place it between your cheek and gum.
- When the tingling stops, chew again and place the gum in a different area of your cheek. Repeat the chewing process every three to five minutes for 30 minutes.
- Do not chew the gum continuously or the nicotine will be swallowed rather than absorbed.

Tips for using the lozenge

- Do not chew the lozenge.
- Place the nicotine lozenge on the top of your tongue and roll it a few times to wet it.
- Hold the lozenge between your cheek and gum.
- Every three to four minutes, place the lozenge on top of the tongue to wet it. Then place it between your cheek and gum. It takes 40 to 50 minutes to dissolve.



DEPARTMENT OF
**PUBLIC HEALTH
AND WELLNESS**

Store your nicotine replacement products in a cool, dark place away from heat and light. Do not use these products if you are pregnant, nursing, or under 18 years of age. If you take other medications, tell your doctor that you are using a nicotine replacement product. For complete information, see product insert.